



ARBOR TRACE



TOWER POINTE
AT ARBOR TRACE

The Arbor Trace Revue

1000 Arbor Lake Dr. Naples, FL 34110 (239) 598-2929



Welcome Jack & Kathy Dudley TP1102

Jack was born in Crafton, a suburb of Pittsburgh, Pa. Upon graduation from the University of Pittsburgh in 1954, he "volunteered" for the draft and was stationed in the Army's finance office in downtown Tokyo, Japan. He attended Georgetown Law School and spent ten years with the Securities and Exchange Commission in D.C. He left government to open the Washington office of Sullivan & Worcester, a Boston law firm. He practiced securities law until retirement in 2004.

Kathy was born in Coronado, CA and was raised a "Navy Junior" as her father pursued his career as a Navy doctor to become an Admiral. She lived in Spain and attended U.S. high school and college in Germany. With her first husband, she raised two children in North Hampton, N.H. She fulfilled a lifelong dream of becoming a nurse and was employed as an OBGYN NURSE by doctors in NH.

Jack and Kathy met in Boston and were married in 1987. They lived both in Rye, NH and downtown DC until moving to Naples, FL in 2000. Kathy volunteered at NCH Hospital for 16 years and Jack joined a tennis group at Cambier Park. They decided to retire a second time and put the house they had built on Central Avenue in Olde Naples up for sale and moved into Arbor Trace.

They are looking forward to participating in the many activities available at Arbor Trace.

Great to welcome them to our community and hope they will enjoy many years with us. Plus thank you Jack and Kathy for this excellent bio.
-Merle Bauser

February 2018



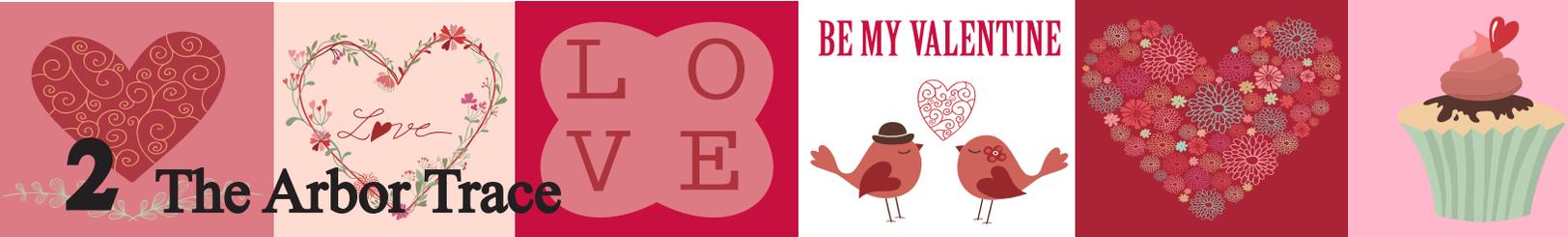
Mardi Gras Festivities

With the New Orleans annual celebration coming soon, Arbor Trace will participate in kicking off the celebration by bringing "Mardi-Gras" to the Top of the Pointe on Friday, February 9th. The music will begin at 4:30pm. Marty Krebs joins with 5 other members of the High Society Dixieland All-Stars to entertain you. Dixieland music is very bright, so forget your hearing-aids, and come on down to Basin Street! The fun will continue in the Colonnade at 5:30pm with our Mardi Gras Management Party. Please make reservations at the Clubhouse for the Management Party.



Calling all baseball fans!

We will be heading to the Hammond Stadium Friday, March 2nd to see the Minnesota Twins play the Toronto Blue Jays for a 1pm game. Tickets are \$31 per person, and we will leave Arbor Trace at 11:30am. Come enjoy a fun afternoon with us!



Director's Notes

In this month of February Arbor Trace Condominiums have been getting a face lift by way of a new coat of paint. Building 2 & 9, all the villas and garages will be done. The Pressure cleaning of Building 2 & 9 remains but may be completed by the time you receive this newsletter. So, I would like to say thank you all in advance for your patience through this process and your continued patience through the painting which has been going on for the last few weeks. Keep in mind when the job is complete the curb appeal of Arbor Trace will be greatly enhanced, which will make all the inconveniences worth it.



Congratulations to Scott Zimmer and Lou DePrisco who were Re-elected to the Arbor Trace Condominium Board at the Annual Meeting on January 17, 2018. They will each serve a Two-Year Term.

Tower Pointe held its annual meeting on Thursday, January 25th. Since we only had three candidates file to run for the three vacant board seats, there was no need for a formal election. Therefore, Dr. Doug Dick, Bennet Berman and Frank Duane will each serve another two-year term.

In addition to the Condominium Boards changing, The Tower Trace LLC Board has new officers for 2018. Bob Chambers was nominated to be the new President, Sue Basinger as Vice President, Jerry Meyers as Secretary and Ginny Dill as Treasurer.

In other news Sandy Steinbach is working hard on gathering information to promote our community as a recognized Blues Zones Community. It's a movement that's transforming the well-being of communities. Together we can make our community a healthier, happier place to live, work, and play. To learn more about the Blue Zones Project, Sandy has put together a Blue Zones Community Presentation by a Blue Zones Representative that is scheduled for Monday, February 26th at 3:00 at the Gathering place. She is hoping to see you all there.

Now that the Holidays are over and in the past, we will once again begin our Arbor Glen tours in February for our residents who want to learn more about AG. The tour will be on the last Wednesday of the month which is the 21st at 10:00 am. Please sign up with Jody at the front desk as the group will be limited to eight residents. Don't worry if this date fills up because we will continue these tours every month on the last Wednesday of the month at 10:00 am, until there is no longer a need. Hope to see you there.

In the last month's Newsletter, I talked about the importance of making Reservations for the Colonnade Dining room and yet some folks are still showing up without reservations. Please make Reservations to ensure a better dining experience for all. Also, please remember that Dan's job has been split into two parts: Nick Hoops is the one to go to for any Condo and grounds issues and any Clubhouse and Arbor Glen Issues please come to see me.

Another thing I would like to mention is that the clubhouse employees generally take their lunch break between 12:00-12:30 so please try to be mindful of that when you need to call the clubhouse so that the ladies can enjoy a non-interrupted lunch break. Not to say don't call, just please be mindful. Thank you in advance.

Yours truly,

Kevin J Cooney
Executive Director





February Calendar Notes

Friday, February 2nd: The bus will depart this evening at 7:20pm for the Artis Pops series for those with tickets.

Sunday, February 4th: The Super Bowl Party kicks off tonight starting at 5:30pm in the Gathering Place for those that have signed up.

Wednesday, February 7th: The Condo Association is providing a Shredding service to Tower Point residents from 9-10am and for Arbor Trace residents from 10-11am. Musicians Suzanne and Jim are performing in the Clubhouse Lobby today starting at 4:30pm, and all residents are invited to enjoy music and refreshments.

Thursday, February 8th: Join us for Signature Lunch today at noon in the Colonnade, with music by Glenn Williams. Please make reservations at the Clubhouse.

Friday, February 9th: We are celebrating Mardi Gras today, so put on your purple, green, and gold and come have fun! All are welcome to come to a Dixieland Band performance featuring our very own Marty Krebs at the Top of the Pointe at 4:30pm. Starting at 5:30pm in the Colonnade, we enjoy our Mardi Gras Management Party, featuring Jebry.

Wednesday, February 14th: The Valentine's celebration begins today at 4:30 in the Clubhouse Lobby with the Arbor Lake Singers serenading us! Come support your peers as they entertain! The Valentine's Day Management Party follows at 5:30pm in the Colonnade. Come join in the fun with complimentary drinks from 5:30-6:30pm and music provided by Glenn Williams. Please make reservations at the Clubhouse.

Friday, February 16th: Lunch Bunch will head out today to at 11:30am to Please sign up at the Clubhouse if you would like to enjoy a lunch outing.

Sunday, February 18th: Enjoy music during Sunday Brunch today starting at noon, performed by Larry Maas. Please make reservations at the Clubhouse in advance.

Monday, February 19th: ROMEO (Retired Old Men Eating Out) is heading out this morning at 11:45am. Please make sure you call the Clubhouse to reserve your seat on the bus. The Book Club meets at 2pm in the Gathering Place at the Tower, come join in a fun discussion about this month's book, "Camino Island" by John Grisham. For those with a February Birthday this month, we are excited to celebrate you this evening at 5:30pm in the Colonnade. Please RSVP to the Clubhouse.

Wednesday, February 21st: The Arbor Trace Condo Association will be having their monthly meeting today at 3pm in the Clubhouse Activity Room. Come and learn all about our Assisted Living at 10am with Shirley and Kevin. Please sign up with Jody at the Clubhouse.

Thursday, February 22nd: The Tower Pointe Condo Association will be having their monthly meeting this morning at 10am in the Gathering Place this morning for all members.

Friday, February 23rd: Ladies grab your pennies, and be ready to board the bus at 10:45am as we explore thrift stores. Please sign up at the Clubhouse. The bus departs for the Artis Pops series this evening at 7:20pm for those with tickets. Please be prompt.

Monday, February 26th: The Blue Zones Presentation begins in the Gathering Place at 3pm today. Come and learn all about Blue Zones and what it means for our community!

Wednesday, February 28th: Tonight is the trip to the Broadway Palm Dinner Theatre to see Mamma Mia for those that signed up. The bus departs at 4:30pm from the Clubhouse.



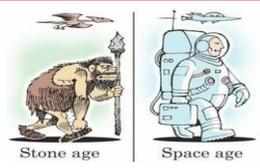
6 The Arbor Trace



A reminder to our residents, before selling your unit:

As residents of Arbor Trace & Tower Pointe, you can help your friends and neighbors who remain here in Arbor Trace, by listing your unit with our own Real Estate Office, whose staff is familiar with our unique owner concept and generally have a call-list of ready buyers, as opposed to using an outside broker. By listing with our own Office, you also are helping to leave a larger commission here, to be directly used to improve our way of life and help keep our condo fees as low as possible. Before the time comes for a move, we ask that you discuss this matter with your family, your attorney &/or estate planner. Please understand that by contacting our own "in-house" Real Estate Office, you and your family will, in several ways, be directly helping our Arbor Trace residents.

- Richard Wilson, President, Tower Pointe Condo Association
- & William Foote, President, Arbor Trace Condo Association



Stone Age to Space Age

Tower Pointe and Arbor Trace Ladies and Gentlemen are invited Monday, February 12, 2018 to the Gathering Place at 10am to hear Biologist, Jack Berninger present "Stone Age to Space Age." Jack has a unique way of presenting varied and very interesting programs. In this program, he will tell us about the 12 cultural changes that took place over the last two million years that allowed us to develop into our present day world. Jack Berninger, a Biologist from Cincinnati, Ohio has a Master Degree from Xavier University. A retired biology teacher, Jack presents many education programs in Ohio and Florida areas.

-Sandy Steinbach



Wildlife Trip

Did you know approximately one-third of Sanibel Island is a federally protected wildlife refuge. For many years, J.N. "Ding" Darling had a winter home on Captiva Island. Through the efforts of his island neighbors and the J.N. "Ding" Darling Foundation, a refuge was created on Sanibel Island from land donated by concerned citizens and land acquired by the federal government. Administered by the U.S. Fish & Wildlife Service, this Sanibel refuge has protected habitat for wildlife since 1945. It was renamed in Jay Norwood Darling's honor and officially dedicated to him in 1967. Today, the refuge is comprised of more than 7,000 acres and has been hailed as one of the top birding spots in the nation. It is also home to several endangered and threatened species, including American alligators, American crocodiles, wood storks, West Indian manatees and Atlantic loggerhead sea turtles. We will be hopping on their tram that travels along Wildlife Drive through the J.N. "Ding" Darling National Wildlife Refuge to experience this beauty and look for these beautiful animals. Afterwards, we will enjoy lunch at George & Wendy's Seafood Grill. Because the Wildlife Drive is on Fridays, we will be taking this trip Monday, March 12th departing Arbor Trace at 8:30am. The cost for the guided tour is \$13 per person, and please bring money for lunch. Please sign up at the Clubhouse if you would like to go.

Afterwards, we will enjoy lunch at George & Wendy's Seafood Grill. Because the Wildlife Drive is on Fridays, we will be taking this trip Monday, March 12th departing Arbor Trace at 8:30am. The cost for the guided tour is \$13 per person, and please bring money for lunch. Please sign up at the Clubhouse if you would like to go.

-Sandy Steinbach



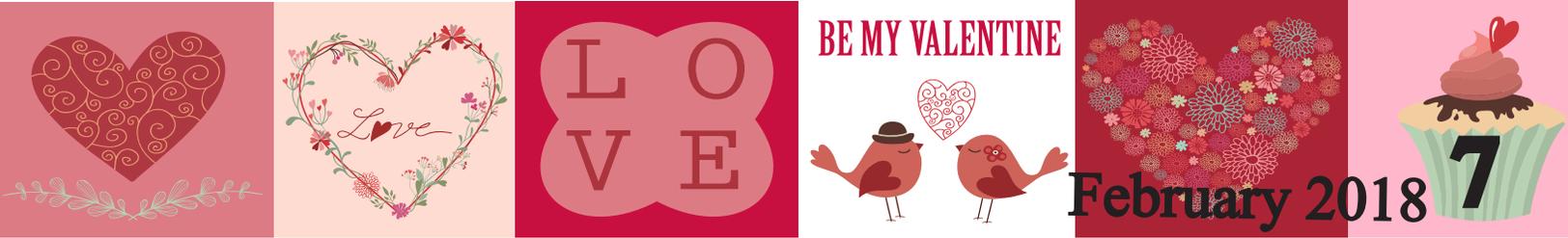
R.O. M. E. O.



Friday, January 19th, 26 men plus a guest speaker, Bill Robinson, a Sigma Chi representative went to Figero for lunch. We enjoyed a private lunch, as they are not normally open. Mr.

Robinson spoke about what the National Fraternities are doing in reference to hazing and excessive drinking on college campuses. Of our 26, 11 members had belonged to National Fraternities. I then discussed the NFL football pool and collected a total of 14 entries. The raffle was started and John Egenberg won the luncheon donated by Arbor Trace Realty. Dick Wilson and Kit Carson won the money. Next months' ROMEO will be held on Monday, February 19th at the Tuscan Bistro on Bonita Beach Road

-Bob Bortz



BLUE ZONES PROJECT®

Have you heard of the Blue Zones Project? What began as New York Times best seller by National Geographic Fellow Dan Buettner has evolved into a global movement that is inspiring people to live longer and healthier lives. Blue Zones Project offers a unique opportunity to our community to make permanent changes to our environment where we live, work, and play so it is easier for us to make healthy choices. While we are currently doing a great job at Arbor Trace living healthy, active, social lives, there are a few changes we can make together to become a Blue Zones community.

On Monday, February 26th at 3pm in the Gathering Place you have the opportunity to come learn about the Power 9; Nine principles inspired by the people who have lived longest on earth. I hope to see you there!

-Sandy Steinbach



AG Garden Group

This time of year in beautiful Naples, the weather is most desirable. For that reason, every Thursday after lunch, some of the residents of Arbor Glen like to spend some time in our gorgeous garden (thanks to Sandy & Bob Bortz). It is so enjoyable to be outside and get some fresh air. And not only is it a pleasure to be out there, but it's actually good for you. Studies show that being outdoors can bring up your mood, make you happier and lower stress levels. And let's not forget absorbing some of that wonderful vitamin D. So next time you see us out there, please stop by and sit with us for a few minutes. We would love the company!

-Cheryl Gregson



Arbor Trace Care Group

I believe it has been eight years since we began the "care group." Our first meeting was in January and we had about eight people attending. Our mission at the beginning was to offer a place where care givers could share their feelings and experiences with each other. Some of the members of the original group are currently still attending.

As time went by the focus of the group changed and we became a widows group. Serving newly widowed members. But still maintaining the care givers name.

History of the "Group"

Here at Arbor Trace it became clear the members truly enjoyed the exchange of ideas and the group congeniality of the group.

Now, once again, the focus of the group has changed - we are now a large group - often as many as seventeen or eighteen members stuffed into the Clubhouse conference room. We still define ourselves as "the care group" bringing a wide variety of subject matter brought to the group as members take turns with their "input." At times the group discussions are quite in depth, and other times just interesting.

Many people benefit from "the group" and enjoy the opportunity to develop lasting friendships and even more.

The Tuesday dinner group (I ask for the big table in the Northeast corner of the dining room) is a direct outgrowth of the "care group."

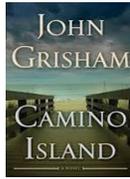
We invite everyone to join the group - the more the merrier!

-Mary Coulson
Facilitator



Book Club news

A special thank you to Jean Alexiou for presenting on the author Lisa See and getting the discussion started in January for “The Tea Girl of Hummingbird Lane.” Our February meeting will take place on Monday, February 19th and we will be discussing “Camino Island” by John Grisham. John Grisham seems to take a vacation from writing his typical novels in his latest book; a young novelist struggling to come up with an idea for her next book, is recruited by a shadowy company to locate five priceless F. Scott Fitzgerald manuscripts that have been stolen from the Firestone Library at Princeton. We look forward to you joining in the conversation, so pick up a copy now at the local library, our libraries, or download it on your reading devices. There is a Large Print version available for loan at the Clubhouse. If you have any questions, please see Sandy at the Clubhouse.



Also, looking ahead, the group has selected the books for March, April, May and next November, to help with your reading and planning ahead. The book for March 2018 is “Killers of the Flower Moon” by David Grann. The book for April 2018 is “A Gentleman in Moscow” by Amor Towles. The book for May 2018 is “A Piece of the World” by Christina Baker Kline. The book for November 2018 is “The Woman in Cabin 10” by Ruth Ware. -Sandy Steinbach

Lingering

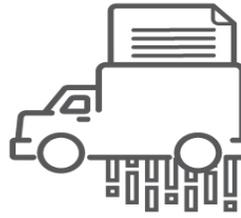
Ruth E Pattrin

days without rain
leaves fall branch to branch
leaf to leaf down

where to disappear
vanish from our eyes
roots take their share



some grass and some moss
few drops to mole 's hole
to be buried for a thousand years.



Safe Guard Shredding

Safe Guard Shredding will be in our community on Wednesday, February 7th for all your shredding needs. Simply get your papers together that you would like to have shredded and be in the right place at the right time. All Tower Residents are welcome to bring their materials to the lobby from 9-10am. All Arbor Trace residents are welcome to bring their materials to the Clubhouse Parking Lot from 10-11am. This is a complimentary service to the residents from your condominium associations.

-Dick Wilson and Bill Foote

This and That



They say we should replace our Mattresses every 8 years because of all the germs and dust mites that build up over those 8 years.

If you ask me, that is just a very clever marketing tool to scare people into buying a new mattress more often. However, it is 100% true that our mattresses hold germs, body fluid and skin cells that attract dust mites.

To keep your mattress fresh as long as possible, here are a few tips:

1. Make sure you have a good mattress cover free of any holes
2. Turn or flip your mattress about every 6 months
3. When you take your mattress pad off to clean, mist your mattress with a disinfectant spray like Lysol. You can also use Vodka in a spray bottle.

As far as when to replace you're Mattress, it's an individual decision. But if your mattress is more than 10 years old, take a good look at it and if it looks like it has seen better days, it might be time for a new one. -Donna Skroski

Bingo Needs You!!!



We would love to see some new players and we need some new volunteers to help keep our weekly BINGO game running smoothly! We need callers and money collectors. Enjoy dinner in the Colonnade on Tuesday evening and then come join in the fun at 7:15pm, for an hour in the Activity Room in the Clubhouse. Bring \$4 in quarters and get ready to have some fun and make new friends! If you can help out once a month, call me!

-Sue Piascik

The Revue Team

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